



MC&FP FACT SHEET

Data



5-2-1-0, Healthy Military Children encourages:

- Five or more servings of fruits and vegetables
- Two or fewer hours of screen time
- One or more hours of physical activity
- Zero sweetened beverages

Additional information

Military OneSource

<http://www.militaryonesource.mil>

Let's Move!

<http://www.letsmove.gov>

Choose MyPlate

<http://www.choosemyplate.gov>

Wellness

Background

Service member and military family member wellness is more than a means of readiness, it is a vital part of physical and emotional health. Overall wellness is maintained through an active lifestyle, nutritious food and beverage choices, cessation of unhealthy habits, making time for relaxation and relationships, and seeking support when necessary. Consistently making healthy choices, staying informed and staying active create healthy habits and healthy minds and bodies that can handle even the most physically and emotionally stressful aspects of military life.

Highlights

Overall wellness depends equally on physical and emotional health to achieve an elevated sense of well-being. The Department of Defense supports the efforts of service members and military family members to improve and maintain overall wellness through:

- 5-2-1-0, Healthy Military Children
- Choose MyPlate
- Let's Move!
- The Family Advocacy Program
- Morale, Welfare and Recreation
- Military OneSource
- Military and Family Life Counseling
- The Spouse Education and Career Opportunities program

